



## **SPECIAL ISSUE**

### **WE ARE HAVING AN ELECTION!**

**MARCH 11, 2015**

#### **CANDIDATES FOR MAYOR**

**JACQUELINE GOODALL—INCUMBENT**

**LARRY STONER**

#### **CANDIDATES FOR WARD I**

**ROBERT O. BARNES—INCUMBENT**

#### **CANDIDATES FOR WARD II**

**CYNTHIA MANN—INCUMBENT**

#### **CANDIDATES FOR WARD III**

**HABEEB-ULLAH MUHAMMAD—INCUMBENT**

**BRIAN McLAURIN**

#### **ELECTION DEBATE**

**MARCH 9, 2015 7 P.M. UNTIL 9 P.M.**

This year's debate will once again offer the opportunity for voting citizen's to present their questions to the candidates. Questions should be written in advance and presented to the moderator on the evening of the debate.

**Mayor/Council Meeting, February 18, 2015 at 8:00 p.m.**

**Mayor/Council Work Session, Monday March 2, 2015 at 7:30 p.m.**

#### **TOWN ELECTION**

**WEDNESDAY MARCH 11, 2015**

**POLL OPEN AT 11:00 A.M.— CLOSE AT 8:00 P.M.**

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## Police Department

Stewart Russell, *Chief of Police*

Latessa Crawford, *Police Clerk*

(301) 839-4040 (301) 839-1122 fax

(Non-Emergency) (301) 352-1200

**Eastover District IV Police**

**(301) 749-4900**

## Code Enforcement

**301-839-4040**

## Public Works

**Stanley Mosley,**

*Public Works Supervisor*

**301 839-1030 ext. 231**

**Forest Heights Municipal Building**

**Located behind McDonalds**

**5508 Arapahoe Drive**

**Forest Heights MD, 20745**

**[www.forestheightsmd.gov](http://www.forestheightsmd.gov)**

## FOREST HEIGHTS POLICE DEPARTMENT



**S** NOW PARKING ISSUE: The Town is asking for your cooperation by not parking on the street when it snows. If you don't have the room to park your vehicle in your driveway, please park it on the side that has STREET LIGHTS, regardless of what the posted signs say, this will help us clear the street as soon as possible.

When shoveling your vehicle, driveway or sidewalk, it is important NOT to put snow back into the street. Please keep it on your property-this ensures proper snow removal, and maximizes street safety.

If you or someone you know in Town has special circumstances, such as: senior care, medical or life support equipment, please let us know so that we can be prepared to help in the event of extreme weather.

We will make every effort to keep you informed of weather events through the Town website: [www.forestheightsmd.gov](http://www.forestheightsmd.gov).

## **YOU ARE INVITED TO ATTEND STATE OF FOREST HEIGHTS FORUM**

**FEBRUARY 24, 2015**

**7 P.M. UNTIL 9 P.M.**

**Refreshments will be served**

**TOWN OFFICES CLOSED:** Monday, February 16th, in observance of Presidents' Day. Town Hall offices will reopen on Tuesday at 8:30 am.

TAKE A BITE OUT OF  
**CRIME**



Would you like this neighborhood to be known as the Safest Place in Maryland?

"Call to get involved"

**301-839-1030**

## Forest Heights Police Department December 2014 All Calls For Service

911 HANG UP	1 INVESTIGATION	1 TRAFFIC ACCIDENT	7
ABDUCTION	1 MAN WITH GUN	1 TRAFFIC ACCIDENT (HIT & RUN)	1
ASSAULT REPORT	1 MISSING PERSON	1 TRAFFIC ACCIDENT (INJURIES)	1
ASSIST CITIZEN	1 MISSING PERSON (RETURNED)	1 TRAFFIC COMPLAINT	1
ASSIST MOTORIST	1 NEIGHBOR DISPUTE	1 UNKNOWN TROUBLE	5
ASSIST OTHER UNIT (TRAFFIC)	3 PROPERTY DAMAGE	1 WARRANT SERVICE	1
ASSIST OUTSIDE AGENCY	3 PROPERTY DAMAGE (AUTO)		
AUTO THEFT	1 RECOVERED PROPERTY	2	
B & E (RESIDENTIAL)	2 ROBBERY (T/A)	1 <b>Total Calls Handled:</b>	<b>109</b>
BURGLAR ALARM (RESIDENTIAL)	10 SOUND OF GUN SHOTS		
CARJACKING (ARMED)	1 SPECIAL EVENT		
CHECK ON THE WELFARE	6 SUICIDE		
CODE INVESTIGATION	1 SUSPICIOUS SUBJECT(S)	16	
COURT	4 SUSPICIOUS SUBJECT(S) (ARMED)	1	
DEATH REPORT	1 SUSPICIOUS VEHICLE	4	
DISORDERLY SUBJECT(S)	9 SUSPICIOUS VEHICLE (OCCUPIED)	2	
DISPUTE BETWEEN PERSONS	2 TAMPERING WITH AUTO	2	
DOMESTIC DISPUTE	3 THEFT (FROM AUTO)	2	
	THEFT REPORT	1	

## Message from the Mayor's Office

January 22, 2015

### Forest Heights could expand this year with annexation

*Public land additions could expedite improvements, attract businesses*

By Kirsten Petersen [kpetersen@gazette.net](mailto:kpetersen@gazette.net)

Adding more than 700 acres of uninhabited land to the Town of Forest Heights may not sound like an economic boon, but town officials and residents say annexing this area could put the town in a prime position to become “the jewel” of Prince George’s County.

Forest Heights Mayor Jacqueline Goodall and the Town Council have proposed two extensions of the town.

The first would encompass 446.88 acres of National Park Service land that includes Oxon Cove Park and Oxon Hill Farm. The second is comprised of 289.97 acres of federal, state and county-owned land as well as properties owned by the county Board of Education, Maryland-National Capital Park and Planning Commission and the Oxon Hill Methodist Church.

The ultimate goal of annexation is to bring in commercial businesses that can help reduce the tax burden on residents, Goodall said.

“We want to be in the position to grow,” Goodall said. “Bowie didn’t grow to where it is in one day. However it moved from a very small town to really one of Prince George County’s shopping areas and economic development areas. I see the potential of Forest Heights to do the same thing as a municipality.”

Town Attorney Kevin J. Best said if the town annexes these areas, the charter and ordinances of the town can be enforced there. These areas are public lands, meaning no consent is required from the property owner before annexation, Best said.

As part of Forest Heights, a sustainable community that is eligible for state

Community Legacy grants, annexed areas can benefit from grant-funded projects, Goodall said.

One project could be pedestrian and bicycle trail improvements near Oxon Run, which could enhance the connection between Forest Heights and Washington, D.C., Goodall said.

Jim Hudnall, a member of the Oxon Hill Bike and Trail Club, said the section of trail closest to Forest Heights is “almost nonexistent” and local pedestrians and cyclists would take advantage of improvements.

“Some people in the club do commute to [Joint Base Anacostia-Bolling Air Force Base] and Naval Research Lab. A park trail improvement would be a big benefit to them,” Hudnall said. “If the Town of Forest Heights worked with the National Park Service, I think they would have a nice trail connection.”

When annexing land, towns can only extend to areas they “touch,” Goodall said. By annexing areas that border the town, Forest Heights can reach residential and commercial areas that may want to join the town in the future. Only 14 businesses currently operate out of the town, Goodall said.

“It needs more, not just residential homes, but businesses to make it a more viable base,” said resident Frank Prather, 66, who has lived in the town since 1961.

Town Administrator Vern Haeefe said the Forest Heights community needs to work together if it wants to tap into the town’s potential.

“This town has so much potential, it’s really scary,” Haeefe said. “It could be an all-American city, but it takes a lot of work.”

If the town chooses to move forward with the plan, the annexed properties will join Forest Heights 46 days after the annexation resolution is passed.

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**Scholarship Coming Soon** – Please join us for the 2015 Maryland Black Mayors (MBM) Honors Gala on Friday, May 1, 2015. Last year, each of our member towns and cities gave a scholarship to a deserving student. I will be awarding a scholarship to a student in Forest Heights; applications will be available in late March. Sponsorship opportunities are also available. Seating is limited for this exciting event. To reserve your ticket now, go to [www.mbmhonorsgala.com](http://www.mbmhonorsgala.com).

**Update on My Brother’s Keeper Initiative** – I am pleased to announce that the Prince George’s County Government will be getting on board with our My Brother’s Keeper initiative. In December, County Executive Rushern L. Baker III signed and accepted President Barack Obama’s MBK Community Challenge. We will now officially be known as the “My Brother’s Keeper – Prince George’s County Network.”

At our Jan. 18 meeting, we established a mission and vision statement and appointed chairs to five committees: *Community Outreach, Reentry, Workforce Development, Life Skills Development, and College Prep/Continuing Education*. A website and social media page for the “My Brother’s Keeper – Prince George’s County Network” will also be forthcoming.

Our upcoming meeting [dates](#): Feb. 23, March 9 and 23, 2015

# ***Town Community News***

## **ELECTION INFORMATION WEDNESDAY, MARCH 11, 2015**

Polls will open at the Municipal Building, 5508 Arapahoe Drive, Forest Heights from 11:00 a.m. through 8:00 p.m. Wednesday, March 11, 2015. The election will be conducted by the Town's Board of Elections. Only those registered voters will be permitted to vote in this election.

Voters are reminded that we will be using paper ballots. These will be a write-in capability; however, inadequate identification of a person for whom a write-in ballot is cast makes that ballot subject to disqualification. Election results will be published in the special March edition of the Forest Heights' newsletter and the newly elected officials will be sworn into office at the March 18, 2015 Town Meeting.

### **ABSENTEE VOTING**

1. Any voter who is qualified and registered to vote in the Town Elections is entitled to vote by absentee ballot, provided the following conditions are met in accordance with Section 1 of Charter Amendment Resolution 1 of 1992:

Any qualified voter registered to vote who may be absent from the Town of Forest Heights on any Election Day.

Any qualified voter registered to vote whose physical ability, confinement or restriction on any Election Day.

Absentee ballots must be received no later than the close of the polls on March 11, 2015.

2. A qualified voter desiring to vote in any election by absentee ballot shall make application for an absentee ballot in writing to the Board of Elections. The application must be received no later than 7 days before the election. The application shall contain an affidavit, which need not be under oath, but which shall set forth information required under this section, under penalty of perjury. The application shall contain the following information:

The voter's name and residence address

That the person is a qualified voter at the residence given.

If the person voted at the preceding election, the residence address from which he voted; and

That the voter expects in good faith to be unable to vote in person for the reasons stated in 1.a. or 1.b.

### **BECAUSE YOUR VOTE COUNTS,**

**Your Town would like to hear your Voice! We asking you to come out and vote for your MAYOR AND COUNCILMEMBER March 11, 2015.**

Will you **Speak Up!** Or will you be **Quiet?**



## CANDIDATES NOMINATED FOR MAYOR

### ***Re-Elect Jacqueline Goodall for Mayor***



Dear Forest Heights Citizens,

Thank you for the confidence and trust that you have shown by allowing me to serve as your Mayor. On **March 11, 2015**, voters of the Town of Forest Heights will once again come to the polls to elect their municipal officers. I am honored to have served as your Mayor and to have done so with dignity, respect, passion and the best of my ability, **and I ask that you re-elect me as your Mayor.**

In 2007 I first became an elected official, I have taken this responsibility as a public servant seriously and worked hard to ensure that the Town of Forest Heights has moved forward. When I first became Mayor, I wanted our citizens to once again feel proud to be residents of Forest Heights, and years later, I feel that change noticeably starting to take place. At our Forest Heights Day this past summer, we had a record number of citizen participation. I have noticed that our residents are becoming more engaged in Town issues. And when I saw our youth marching in the MLK Parade in D.C. this past month carrying the banner of Forest Heights proudly, I knew we were moving on the right path.

As Mayor, I have been able to work with many individuals and organizations to maintain quality services and amenities for our residents despite challenges with limited resources and funding. Under my leadership, my administration has worked aggressively to seek out grant monies, our equal share of tax dollars, and technical assistance to address our infrastructure needs. Already, we have received funds for sidewalk/street upgrading, a new Tot Lot for our youngest residents, replacement construction for a new police station, and renovation of the lower level of our Town Hall building.

I have taken on some very controversial issues that face our town and have stood fast to ensure that the citizens of the Town of Forest Heights gets their fair share. There are many changes that are coming to the area surrounding our town, and I have worked to ensure that Forest Heights has a voice in those changes. When decisions are made, I have worked with our Town Council to look at not only how it impacts our town today, but how will it impact us in the future, which is the reason why we have annexed public lands surrounding Forest Heights. Understanding the economic development of not only Forest Heights but the surrounding area is important to the sustainability of our town. Just imagine where we could have been had we taken this step 10 or 20 years ago.

If re-elected as Mayor, I will continue to support our efforts to improve Public Safety, which includes increasing Police Visibility and Community Policing to reduce crime in the Town, and will collaborate with our police department on a few initiatives that will further bolster the relationship between our residents and officers. I will also continue to support and improve on health programs and services to our residents, and to help the young people in our area improve the outcomes of their lives.

Having been a resident of Forest Heights for 22 years, I understand the needs of our community and the challenges we still face, and I take the obligation of addressing them seriously. I have represented Forest Heights and worked to build relationships not only on the State and County level, but also at the national level where I have visited members of Congress and the White House. I have ensured that the needs for all of our residents – regardless of their age, color, nationality, gender or any other statuses – are addressed and heard at every level of government. Please cast your vote for me as Mayor, and together, let's continue to move Forest Heights upward and onward!



## CANDIDATES NOMINATED FOR MAYOR



I am Larry M. Stoner, Councilman Ward III. I am asking for your vote and support in the upcoming election for Mayor! I have lived in the Town of Forest Heights since 1977. I have raised two sons and a daughter here in Forest Heights. I have been very active and have been very vocal, trying to ensure that things are done right!. Wherever and whenever I am needed. I was there for you. It does not matter what I have to do for Forest Heights and its citizens, it is always my pleasure to do so. I have served as a councilman for Ward III and have served as Council President and Mayor since 2003. I currently Chair the Public Works and Sanitation Advisory Committee, The Forest Heights new Ethics Commission which is way over due, I work on the side walk committee and Economic development committee! I bring a wealth of education and experience to the town: I have a Bachelor's degree in Social Welfare from the University of the District of Columbia; I am a retired Metropolitan Police Officer from Washington, DC. I have served as Chapter President of Blacks in government for two terms at the Office of Personnel Management; I have served as a Union Steward. I have served as Executive Treasurer of BIG, served as a Loaned Executive for the Combined Federal Campaign. I have served as the Floor Warden for OPM Emergency Evacuations, and have received a service award for Community Service Volunteer Award of the Year in 2001. I retired from the Office of Personnel Management as a human Resource Specialist and retired from the DC Metro Police Department!

I have taken many classes, seminars and Maryland Municipal League works shops learning new ways to better serve the town. That enhance my leadership capabilities that I bring to the Town of Forest Heights:

- Budget
- Municipal Government
- Introduction to Supervision
- Labor relations Briefing on Contract Administration
- Labor Relations for OPM Staffing Services Supervisors and Managers
- Supervision and Group Performance
- Union Steward Training

I have networked with our senator, delegates, and county council to gain knowledge, ideas and establishing relationships in order to better serve you. You deserve a Mayor that will listen to what you have to say and take you in consideration when making decisions for the town! I will work to fix the broken bond developed from the town voting not to support slots in the county straining our relationship with county officials and National Harbor! If this relationship is not fixed we cannot expect to receive much needed help with our crumbling infrastructure! I look forward to serving you as your next Mayor!

I am asking for your continued support and confidence!

Larry M. Stoner

## CANDIDATES NOMINATED FOR COUNCIL



### **Robert O. Barnes Jr. -Re-Elect for Ward 1 Moving F.H. Forward**

My name is Robert Barnes, I'm presently serving on the Town Council, representing Ward 1. Elections are coming up March 11, and first I'm asking that you come out and exercise your right to vote and secondly and not nearly as important I'm asking for your support.

I believe the Mayor and Town Council have made some remarkable accomplishments in the past two years and I'm proud to be a part of it. Again I am asking for your support on March 11, 2015, so that I may continue helping to move F. H. Forward.

Always remember, no matter who you decide to vote for, just "Get Out and Vote"

Thank you, and hope to see you at the polls.

Councilmember, Robert O. Barnes Jr. (Mike)

## CANDIDATES NOMINATED FOR COUNCIL



Hello to the Residence of Forest Heights

It has been a truly humble experience as your Ward 2 Council representative.

In the last two years I was tasked with several projects and I am happy to say I have successfully completed those tasks. Just to name a few;

1. First ever gun buyback project – over 63 weapons are off the streets making it safer for the residents in our community
2. I have completed the MML certification program
3. Conducted two successful meet and greet for my Ward 2 residence
4. Secured a new venue for the Farmer's Market and Yard Sale – which allowed each program to grow.
5. Represent the town National League of Cities – Healthy Heights conference (Seattle, Washington).
6. Attend public meetings to voice our concerns over the opening of MGM at the Harbor.
7. Revitalize the Welcome Brochure – for the Town of Forest Heights.
8. Assisted the Mayor in securing grants which stop the residents from receiving property tax increases.
9. Brought the Non-fraternization policy to the Mayor and Council for consideration – policy has been adopted into the employee hand book.
10. Implemented the "No Saggy Pants" law for the town.

I am the Secretary/Treasurer for the Forest Heights-Oxon Hill Community Development Corporation.

I have prepared and received three grants and we have been awarded these grants securing \$24,500. The CDC has support several events and have donated a total of \$20,000 to these events.

My current project is to secure a grant with the US Agriculture Department. This grant will fund two projects; 1) major expansion of the Farmer's Market; 2) build two green houses at the area elementary schools. This grant is 85% completed and I feel confident we will be awarded these funds.

Thanks to each of you for your support and confidence as we continue to move the Town of Forest Heights forward.

***WHO AM I: Effective leadership making a difference in Forest Heights!***

***Thank you***

***Cynthia Mann***



# CANDIDATES NOMINATED FOR COUNCIL



## **Statement of Habeeb-Ullah Muhammad For Town Council Ward III**

I am a candidate for the office of Town Council Ward III !! I have been a resident of Forest Heights more than 30 years and I am a registered voter. I have served the past two years as Councilwoman Ward III.

I have devoted several years of volunteer work and service to the Town under five mayoral administrations; Paula Noble, Joyce Beck, Larry Stoner, Andrea McCutcheon and Jacqueline Goodall. I served on committees for Forest Heights day, the children's tutorial program, assisted staff in the town's administrative offices, and served as chair of the Neighborhood Watch Committee.

I am concerned about the security of our town, especially the security of our senior citizens. I believe more attention should be given to all the youth in our town encouraging them to participate in the programs we can provide such as tutoring, mentoring and special activities.

The residents of our town should; be encouraged to participate in town meetings and committees, stay informed of what decisions the Mayor and Council are making in our behalf I have had Ward III residents monthly meetings to get your input on Town matters and discuss Town issues with you to present to the Council. I am encouraging you to attend all meetings to stay informed.

For the reasons I have mentioned, I am asking for your vote to RE-ELECT me as Councilwoman Ward III.

Habeeb-Ullah Muhammad

Yo soy candidata para la oficina del consul del area III de la ciudad, yo he sido residente de la ciudad de forest heights por mas de 30 afios soy votadora registrada.

Por muchos afios y en varias capacidades voluntarias he servido a mi ciudad, bajo 5 administraciones mayorales diferentes Paula Noble, Joyce Beck, Larry Stoner, Andrea McCutcheon y Jacqueline Goodall, yo he servido en varios comites como el del dia de Forest Heights, programa tutorias para nifios y el comite de vigilancia tambien he asistido en las oficinas administrativas.

Estoy preocupado por la seguridad de nuestro pueblo, especialmente la seguridad de nuestros mayores. Yo creo que mas debe prestarse atencion a la juventud en nuestra ciudad les anima a participar en los programas que podemos ofrecer como tutoria, asesoramiento y actividades especiales.

Los residentes de nuestra ciudad deberian; sea animado a participar en reuniones de la ciudad y comites, quedarse informado de que decisions el alcalde y el Consejo hacen en nuestro nombre. He tenido la Sala III residentes / reuniones mensuales para conseguir su entrada sobre asuntos de la Ciudad y hablar de cuestiones de la Ciudad con usted para presentar al Consejo. Le animo a asistir a todas las reuniones para quedarme informado.

Son por estas razones que he mencionado que estoy pidiendo su voto para esta elecciOn para ser su representante del area III en el consul.

Mrs. Habeeb-Ullah Muhammad

## **CANDIDATES NOMINATED FOR COUNCIL**

**BRIAN MCLAURIN  
5706 WOODLAND DRIVE  
FOREST HEIGHTS, MD 20745**

**I AM A TAXPAYING RESIDENT OF FOREST HEIGHTS SINCE 1988. I AM FULLY VESTED IN THE SUCCESS OF THE TOWN.**

**I AM EMPLOYED WITH THE UNITED STATES POSTAL SERVICE SINCE 1998. I AM AN ELECTED OFFICIAL OF THE AMERICAN POSTAL WORKER UNION (APWU) FOR THE MOTOR VEHICLE CRAFT. I WAS ELECTED FOR 2 CONTINUOUS TERMS FOR A TOTAL 6 YEARS AS THE DIRECTOR FOR THE DISTRICT OF COLUMBIA. AS CRAFT DIRECTOR I AM RESPONSIBLE FOR HELPING TO RESOLVE ISSUES BETWEEN MANAGEMENT AND CRAFT EMPLOYEES.**

**AS PREVIOUS COUNCILMAN FOR WARD 3, I COMPLETED THE MARYLAND MUNICIPAL LEAGUE ACADEMY FOR EXCELLENCE OFFERED THROUGH THE UNIVERSITY OF MARYLAND. THE TRAINING INCREASED MY KNOWLEDGE AND UNDERSTANDING OF PROPERLY FUNCTIONING MUNICIPAL GOVERNMENT. WITH THIS KNOWLEDGE, I OFFER INTELLIGENT INPUT IN DECISION-MAKING AS I AM FULLY AWARE OF THE PROS AND CONS OF MUNICIPAL POLICIES.**

A handwritten signature in cursive script, appearing to read "Brian McLaurin".

## Community Healthy Heights Tips

### Open to Forest Heights/Oxon Hill Community

### STATE OF FOREST HEIGHTS FORUM

**FEBRUARY 24, 2015**

**7 P.M. UNTIL 9 P.M.**

**Refreshments will be served**

#### Health Enrollment for 2015 Ends Feb. 15!

Starting in 2014, most people are required to have health insurance ("minimum essential coverage"), and if you choose not to have health coverage you will have to pay a fee when you file your taxes.

The fee is sometimes called the "penalty," "fine," "individual responsibility payment," or "individual mandate."

Some people are exempt from the requirement to have coverage and do not have to pay a fee even if they remain uninsured.

The federal government has set the following yearly tax penalties for individuals who do not have coverage:

- For 2014, 1% of your gross household income over the federal income tax filing threshold, or \$95 per individual – whichever is greater.
- For 2015, 2% of your gross household income over the federal income tax filing threshold, or \$325 per individual – whichever is greater.
- For 2016, 2.5% of your gross household income over the federal income tax filing threshold, or \$695 per individual – whichever is greater.

It's important to remember that even if you pay the penalty you still don't have any health insurance coverage. You are still responsible for 100% of the cost of your medical care.

To enroll or learn more, visit <https://www.marylandhealthconnection.gov/>.

#### Seniors' Recreation Program: Housing Seminar



We would like to thank Jay Hutchison, a Housing Counselor from the Housing Initiative Partnership (HIP), for speaking at our Jan. 12 Home

Equity/Foreclosure Seminar. HIP is an innovative, green non-profit developer based in Prince George's County dedicated to revitalizing neighborhoods and removing blight. The organization creates housing and economic opportunities for persons of low- and moderate-income and provides services that improve the quality of life in communities. Learn more at <http://hiphomes.org/wp/>.

### Forest Heights Healthy Living Program Presents: Preventing Heart Disease



**Thursday February 19, 2015 @ 1-2 p.m.**

**Location: Forest Heights Municipal Building**

**5508 Arapahoe Drive**

**Forest Heights, MD 20745**

**RSVP by February 17, 2015 to Mrs. Hawkins**



### 2015 Centenarian Celebration

**Do you know any Prince George's County  
residents who are 90 years old or older?**

**If so, we need your help!**

M-NCPPC, Department of Parks and Recreation in Prince George's County is collecting information about county residents who are ages 90 & older to invite them to a special Centenarian Celebration being held in May. Special recognition will be given to centenarians – residents who are 100 years old and older.

We need your help identifying Prince George's County residents ages 90 & older. If you know someone who resides in the county, and is 90 years old or older (as of January 1, 2015), please share the information with us. Your help is greatly appreciated! Please forward this information to us no later than February 27, 2015 by ONE of the means listed below:

(a) Send an e-mail to [Centenarian@pgparks.com](mailto:Centenarian@pgparks.com) (subject: Centenarian); OR

(b) Complete the form (see back of flyer) and mail it to: Laurel-Beltsville Senior Activity Center, 7120 Contee Road, Laurel, MD 20707, Attn: Centenarian Coordinator

If you have any questions, please call 301-206-3350; TTY 301-446-3402.



## Community Healthy Heights Tips (Continued)

### Health Seminar on Senior Care

We would like to thank Tonya Jackson RN, BSN, MSHS, from Agape Health Group, Inc for presenting on the topic of Senior Care at the Jan. 22 health seminar. Ms. Jackson had also presented at our health seminar on Cancer last year. We were thrilled to have her come back and do another presentation for our Town residents!

Agape Health Group, Inc is a nurse and educator owned organization with over 25 years of nursing and education experience in critical care, emergency nursing and long-term care nursing and teaching. More information is available at <http://www.agapehealthgroup.com>.

Some of the key takeaways from the presentation:

- Start researching and looking for resources on Senior Care while you're still healthy.
- Start thinking about who you can trust to handle your affairs when you get older.
- For individuals with disabilities: Establish a Supplemental Needs Trust (or Special Needs Trust), which is a specialized legal document designed to benefit an individual who has a disability. A Supplemental Needs Trust enables a person under a physical or mental disability, or an individual with a chronic or acquired illness, to have, held in Trust for his or her benefit, an unlimited amount of assets. Monies placed in the Trust remain non-countable assets and allow a beneficiary to qualify for available benefits and programs.
- If you're a caregiver for a senior with dementia, it's important to pay attention to what they're saying or trying to say. It's also important to engage them; do not just sit there and look at them.
- While dementia is most commonly associated with seniors, it can actually start in people as early as their 20s.
- Alzheimer's is the most common type of dementia.
- Do not get 'confusion' and 'dementia' mixed up
  - Confusion
    - Acute (delirium)
    - Chronic (dementia)

## GET INVOLVED IN CERT.

[Community Emergency Response Team]

### WHAT CERT CAN DO:



### RESIDENTIAL & COMMUNITY CHECKS

Making sure neighbors and family members are safe and well following disasters.

Over 2,300 teams nationwide.  
FIND YOURS AT [FEMA.gov/CERT](http://FEMA.gov/CERT)



FEMA



# Town Community Youth News



## FOREST HEIGHTS HAS A CHEER & DANCE PROGRAM “LIMITLESS ALL STARZ” EVERY SATURDAY 10:30-1:00 P.M. AGES 8 YRS TO 18 YRS



### Job Readiness Training for County Youth

The Youth@Work/Summer Youth Enrichment Program (Youth@Work/SYEP) is offering young people between the ages of 15 and 19 years old across the County the opportunity to participate in career development, life-skills training and job training sponsored by Prince George's Community College. Youth who successfully complete the job readiness training and receive their certificate will have priority selection and placement in summer employment opportunities through the Youth@Work/SYEP!

As a result of this training, students will:

- Demonstrate the ability to behave ethically in the workplace.
- Demonstrate appropriate customer service skills in a business setting.
- Discuss their skills and abilities with clarity and confidence.
- Demonstrate a willingness to resolve conflict in a professional manner.
- Function as a productive member of a workplace team.
- Earn a certificate from the Center for Work Ethic.

Training will be held at six locations throughout the County:

- Crossland High School, 6901 Temple Hill Road, Temple Hills, MD 20748
- Parkdale High School, 6001 Good Luck Road, Riverdale, MD 20737
- Central High School, 200 Cabin Branch Road, Capitol Heights, MD 20743
- Largo High School, 505 Largo Road, Upper Marlboro, MD 20774
- Suitland High School, 5200 Silver Hill Road, District Heights, MD 20747
- High Point High School, 3601 Powder Mill Road, Beltsville, MD 20705

Online registration will be open through **March 13, 2015**.

For more information or to register online for the Job Readiness Training, visit the Prince George's Community College's website [www.pgcc.edu/go/youthatwork](http://www.pgcc.edu/go/youthatwork) or direct your questions via email to [youth-work@pgcc.edu](mailto:youth-work@pgcc.edu). Additional information on the SYEP can be found at the Prince George's County Government website: <http://www.princegeorgescountymd.gov/sites/summeryouth/Pages/default.aspx>

### President Obama Proposes to Make Community College Free for 2 Years

Under a new proposal by President Barack Obama, students would be able to earn the first half of a bachelor's degree, or earn the technical skills needed in the workforce -- all at **no cost to them**.

- **What students have to do:** Students must attend community college at least half-time, maintain a 2.5 GPA, and make steady progress toward completing their program.
- **What community colleges have to do:** Community colleges will be expected to offer programs that are either 1) academic programs that fully transfer credits to local public four-year colleges and universities, or 2) occupational training programs with high graduation rates and lead to in-demand degrees and certificates. Community colleges must also adopt promising and evidence-based institutional reforms to improve student outcomes.
- **What the federal government has to do:** Federal funding will cover three-quarters of the average cost of community college. Participating states will be expected to contribute the remaining funds necessary to eliminate the tuition for eligible students.

President Obama also proposed the new American Technical Training Fund, which will expand innovative, high-quality technical training programs across the country.

For more information, visit [www.whitehouse.gov](http://www.whitehouse.gov). Join the discussion on social media using #FreeCommunityCollege.

**T**he Town is always looking for new volunteers to help out with events, research and archiving our Town rich history. **You don't have to be a researcher or a historian to join** ... Just a local resident who want to give back to their community —and have fun doing it!

### Free Office 365 ProPlus for Maryland Students and Families

Through a partnership with Microsoft Corp., all Maryland public school students and their families can download Office 365 ProPlus for FREE at <https://marylandaccess.education/>. Every student and teacher at public schools across the State can download Microsoft Office on up to five PCs or Macs, and Office apps on any mobile device, enabling them to get their school work done virtually at any time and from anywhere.

The Maryland State Department of Education (MSDE) and Microsoft are collaborating to bring 25 new high-level information technology academy programs to Maryland schools (High Point High School in Beltsville will be the only school from Prince George's County participating in a technology pilot program to begin the next school year). Under the Microsoft IT Academy program, schools, their educators, students and staff receive digital curriculum and professional development for teachers and administrators. The 25 IT Academy high schools also will establish a Certipoint Assessment Center to provide students the opportunity to earn IT certifications for fundamental technology skills, including the Microsoft Technology Associate (MTA) certification.



# Town Community News (continued)

## Forest Heights Awarded Storm Water Grant

Great news! Forest Heights was one of 13 recipients awarded funding as part of the Storm-water Stewardship Grant Program by Prince George's County and the Chesapeake Bay Trust! The Town received close to \$50K to train a team of high school students to water, weed and mulch 500 street trees as well as to educate homeowners about the benefits of trees on their own properties.

In total, \$1,050,000 was awarded through 13 projects. The program funds implementation requests for construction of water quality projects and also citizen engagement and behavior change projects.

To view the entire list of recipients and their projects, visit

<http://www.princegeorgescountymd.gov/sites/EnvironmentalResources/News/Pages/CBTGrants.aspx>



**Ward III Meeting** Sunday February 22, and March 8, 2015 at 2:30 p.m. Ward III residents are invited to come meet and talk directly with your ward elected representatives. Attendees are also invited to share their ideas and concerns. **All residents are welcome.**

Councilmember— *Habeeb-Ullah Muhammad*

Councilmember —*Larry Stoner*

## Be Sure To Give Credit Where Credit is Due

If you haven't already filed your 2014 tax forms, be sure to note that you live in a municipality, specifically, the "Town of Forest Heights" in "Prince George's County." Otherwise, tax revenues meant for our Town and County might go to the State instead. Making this clarification will neither raise or lower your state income taxes. The local income tax is calculated as a percentage of your taxable income. Local officials set the rates, which range between 1.25% and 3.20% for the current tax year. You should report your local income tax amount 29 of Form 502. Your local income tax is based on where you live—not where you work, or where your tax preparer is located. Be sure to use the correct rate for the local jurisdiction in which you live. The income tax rate for 2014 and 2015 in the "Local Tax Area" of Prince George's County is .0320.

**MARYLAND RESIDENT INCOME TAX RETURN**  
**FORM 502**

OR FISCAL YEAR BEGINNING 2014, ENDING

Print Using Blue or Black Ink Only

Social Security Number		Spouse's Social Security Number	
For First Name	Initial	Last Name	
Spouse's First Name	Initial	Last Name	
Present Address (No. and street)			
City or Town		State	ZIP code
Name of county and incorporated city, town or special taxing area in which you resided on the day of the taxable period. (See Instruction 8.)		Maryland County Prince George's	City, Town or Taxing Area Town of Forest Heights

unless this information is provided, tax dollars meant for your Town could go to the State!

**The Town of Forest Heights is pleased to announce we are ready for round four, please see below information:**

## The Weatherization Assistance Program

Are you having difficulty paying your energy bills?

Does your home need energy efficiency retrofits?

According the US Dept. of Energy, "checking a home's insulation is one of the fastest and most cost effective ways to use a whole-house approach to reduce energy waste and make the most of your energy dollars."

The Collaboration of Towns is once again offering low to moderate income household's renovation, rehabilitation in conjunction with weatherization. Homeowner must meet income criteria and be willing to provide documentation that income is **BELOW** the following:

### Income Table Household

(Veterans and/or Retired Homeowners will be given preference)

1 person: income below \$36,000 \$0 cost \$36,000-\$64,000 10%	2 people: income under \$51,600 \$0 cost \$51,600-\$73,100 10%
3 people: income under \$58,080 \$0 cost \$58,080-\$82,300 10%	4 people: income under \$64,500 \$0 cost \$64,500-\$91,400 10%
5 people: income under \$75,450 \$0 cost \$75,450-\$98,700 10%	6 people: income under \$81,050 \$0 cost \$81,050-\$106,000 10%

For all moderate income homeowners participating in this program (households with income limits that fall within 60% to 85% of State median income), MEA requests that all moderate income homeowners contribute at least 10% of the total project cost.

### The following make the home ineligible for this opportunity:

- Had an energy audit within the past 6 months;
- Aggressive dogs not being safely handled;
- Drug use;
- Threats to auditor;
- Home is sealed too tight resulting in the inability of fumes to escape through natural ventilation;
- Major roof issues;
- Major plumbing problems;
- Gas leak;
- Structurally inadequate;
- Rental property;
- Plaster ceiling (which needs a hatch cut to blow insulation into the attic).

Please contact Bonita Anderson (301) 839-1030 to request that your house is submitted for consideration for this opportunity.





## Town Community News (continued)



# APPLY NOW!

### SMALL BUSINESS GRANT INITIATIVE

In celebration of our 80th Anniversary, Industrial Bank is offering small business grants totaling \$80,000. A total of five grants will be awarded:

**One President's Award in the amount of \$20,000 (best overall package)**

**Four Individual Enterprise Awards each in the amount of \$15,000**

#### Eligibility Requirements:

1. Doing Business for at least 12 months, no more than 5 years
2. Sales revenue of less than \$1 million
3. Must be located in the Bank's service area (District of Columbia; Prince Georges County, MD; Montgomery County, MD; Fairfax County, VA; City of Arlington, VA; and City of Alexandria, VA)
4. Must be lien and judgment free
5. Bank customers and noncustomers are eligible to apply
6. Current business certificate of good standing and/or business license
7. Only COMPLETE applications received by the application deadline will be reviewed
8. Proof of ownership of the designated business

**Submission Deadline: February 15, 2015**

#### Participating Partners:



**For more information, speak to a bank manager or contact  
Industrial Bank Customer Service: (202)722-2000**



### FEbruary 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Trash Pickup	3	4 Yard Waste	5 Bulk Trash 3 Items or Less	6	7 Dance & Cheer 10:30-1:00p.m.
8	9 Trash Pickup Exercise Classes 11:40-12:40p.m.	10	11 Yard Waste Exercise Classes 11:40-12:40p.m.	12 Bulk Trash 3 Items or Less	13	14 Dance & Cheer 10:30-1:00p.m. Mineral, Jewelry and Fossil Show The Show Place Arena 14900
15 New Jack Swing Valentine Jam Love The Show Place Arena 14900 Pennsylvania Ave. Upper Marlboro, MD 20772 <a href="http://www.showplacearena.com">www.showplacearena.com</a> <a href="http://www.ticketmaster.com">www.ticketmaster.com</a> 7:00	16 <b>TOWN HALL CLOSED TODAY REOPEN TUESDAY AT 8:30 A.M.</b> <b>Trash Pickup</b>	17	18 <b>MAYOR/ COUNCIL MEETING 8:00 p.m.</b> Yard Waste Exercise Classes 11:40-12:40p.m.	19 Bulk Trash 3 Items or Less Preventing Heart Disease 1:00p.m.	20	21 Dance & Cheer 10:30-1:00p.m. The Velons Harmony Hall Regional Center 10701 Livingston Road Fort
22 Ward III Meeting 3:00 p.m. Celebration of Students & Faculty of the Ridgeley Rosenwald School Ridgeley Rosenwald School 8507 Central Ave. Capitol Heights, MD 20743 <a href="http://www.pgiparks.com">www.pgiparks.com</a> 3:00-4:00 PM	23 Trash Pickup Exercise Classes 11:40-12:40p.m.	24	25 Yard Waste Exercise Classes 11:40-12:40p.m.	26 Bulk Trash 3 Items or Less	27	28 Dance & Cheer 10:30-1:00p.m. Stop Bullying 3:00 p.m.  Tri-County Health and Wellness Fair The Show Place Arena 11:00 AM-4:00 PM  African American Family Day Festival Prince George's Sports & Learning Complex 8001 Sheriff Road Landover, MD 20785 11:00 AM-4:00 PM

\*\*\*\*\*EWCWSS\*\*\*\*

Local Forest Heights  
Post Customer

PRSWRT STD  
ECRWSS  
U.S. POSTAGE  
PAID

## Town Community News (continued)

### ARE YOU A PRINCE GEORGE'S COUNTY RESIDENT? INTERESTED IN CONSTRUCTION EMPLOYMENT at MGM NATIONAL HARBOR? WHERE TO GO

To register, you must visit one of the three Centers listed below, where a Job Service Specialist will speak with you about your skills and experience.

Prince George's County One-Stop Career Center	Whiting-Turner Community Resource Center (Opening 1/21/2015)	Laurel Regional Workforce Center
1801 McCormick Drive, 1st floor Largo, MD 20774 301-618-8425 Hours: Mon-Thurs 8am-4:30pm; Fri 8am-2pm (Best Times: Tues/Thurs 9am-1pm)	Clarion Hotel 6400 Oxon Hill Road Oxon Hill, MD 20745 MGMNH@Whiting-Turner.com Hours: Starting 01/21—Mon/Wed/Fri 8am-2pm; the 2nd Saturday of every month, 8am-12pm. (Starting 2/14, also open Tues/Thurs 4pm-7pm)	312 Marshall Avenue, Suite 604 Laurel, MD 20707 301-362-9708 Hours: Mon-Thurs 8am-4:30pm; Fri 8am-2pm (Best Times: Tues/Thurs 9am-1pm)

### WHAT TO BRING

Choose one (1) item from each category

Proof of Citizenship—birth certificate, passport, voter registration card, INS card, or permanent residency card	Proof of Selective Service (Mandatory for males born on or after 1/1/60)—Selective Service Card/Document (you can register online at <a href="http://www.sss.gov">www.sss.gov</a> )
Proof of Residency—drivers license, utility bill, rent receipts/shelter, or voter registration card	Proof of Social Security—SS card, SS admin letter, or public assistance record with SSN

\*County residents will be given special consideration for construction employment\*



Once you're registered, you will be contacted as soon as a job that matches your skill sets becomes available.

For more information, contact [MGM\\_EDC@co.pg.md.us](mailto:MGM_EDC@co.pg.md.us)



### Forest Heights Notary

9 am - 4 pm Monday - Friday  
Notary is \$2 per document  
**301-839-1030**

### ADMINISTRATIVE OFFICES

Phone (301) 839-1030 Fax (301) 839-9236  
8:30a.m.—5:00 p.m.  
[www.forestheightsmd.gov](http://www.forestheightsmd.gov)

Mayor Jacqueline Goodall—ext.223  
[jacquelinegoodall@msn.com](mailto:jacquelinegoodall@msn.com)

### TOWN COUNCIL

#### Ward I

C. Lynn Smith-Barnes—ext. 301  
[ward1handinhand@aol.com](mailto:ward1handinhand@aol.com)

Robert Barnes —ext. 303  
[RBarnes@forestheightsmd.gov](mailto:RBarnes@forestheightsmd.gov)

#### Ward II

Jonathon Kennedy II— ext. 304  
[jwkennedy2@yahoo.com](mailto:jwkennedy2@yahoo.com)

Cynthia Mann— ext. 305  
[CMann@forestheightsmd.gov](mailto:CMann@forestheightsmd.gov)

#### Ward III

Habeeb-Ullah Muhammad— ext.300  
[ward3muhammad@yahoo.com](mailto:ward3muhammad@yahoo.com)

Larry Stoner—ext 302  
[Lmstoner@verizon.net](mailto:Lmstoner@verizon.net)

### ADMINISTRATIVE OFFICES

#### Vern Haefele,

Town Administrator— ext. 234  
[VHaefele2010@gmail.com](mailto:VHaefele2010@gmail.com)

Bonita Anderson, Town Clerk—ext. 233  
[BAnderson@forestheightsmd.gov](mailto:BAnderson@forestheightsmd.gov)

Sherletta Hawkins,  
Administrative Assistant—ext. 229  
[SHawkins@forestheightsmd.gov](mailto:SHawkins@forestheightsmd.gov)

Leittia Vaughn, Town Treasurer-ext. 221  
[LVaughn@forestheightsmd.gov](mailto:LVaughn@forestheightsmd.gov)

Mimi Liu  
Town Communications Specialist  
[liu.y.mimi@gmail.com](mailto:liu.y.mimi@gmail.com)

Melanie Otto  
Town Webmaster  
[fh.md.webmaster@gmail.com](mailto:fh.md.webmaster@gmail.com)

## ***Town Community Youth News (Continued)***

# **STAND UP TO BULLYING**

Come join the growing community of kids and teens to put an end to

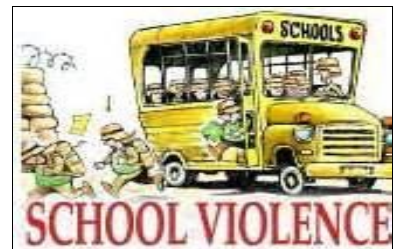
## **Bullying**

What are your true colors when it comes to bullying? If you care about students who are bullied and want bullying to end, come out

**February 28, 2015 at 3:00 p.m.**

**At the Forest Heights Town Hall**

**5508 Arapahoe Drive,  
Forest Heights MD 20745  
Behind McDonalds**



### **Who will attend?**

You, your kids, your teens, Forest Heights Mayor, school administrators, school counselors, school social workers, law enforcement, and school bus transportation.



**Bullying** can happen anywhere and to anyone. Help **stop bullying** at school, online, on the bus and in the community.



## Town Community Youth News (Continued)

What do you call a room full of Scientist, Poets, Authors, Vocalists,  
Artists, Musicians, Chefs and Entrepreneurs?

**You Call It**

**Visual Arts**

**ACT-SO**

**Sciences**

**Performing Arts**

**Workshops**

**Location**  
Prince George's Community College  
Marlboro Hall – Room 2056  
301 Largo Road, Largo MD 20774  
10:00 am – 2:00pm  
**LUNCH WILL BE PROVIDED!!!**

**Dates**  
January 24, 2015  
February 7, 2015  
February 21, 2015  
March 14, 2015  
March 28, 2015

Come out to get mentored in your categories to prepare for the local competition. Throughout this process mentors will help students develop their project according to ACT-SO guidelines.

For more information about the program  
Call Dora Myles-Moore @ (240) 543-2676  
or email  
dora.actso@gmail.com;  
www.actsopgc.org

**BUSINESS**

**Humanities**

An Earthly Embrace presents

# Raising Queens Table Talk



**Raising Queens**

observance of Teen Dating Violence Awareness Month  
Raising Queens Table Talk is a round table designed to educate teen girls about dating violence.

Discussion will include:

- > Healthy vs. Unhealthy Relationships
- > Warning Signs
- > How to exit

Feb. 28th, 2015

1:30 PM - 5PM

Oxon Hill Library

6200 Oxon Hill Road, Oxon Hill, MD 20745

Time 1:30 to 5:00 pm

if Esteerm Workshop ft. Lakeisha Brown Foundation

Contact Jewel 3016424325 or Kalila 4104047402

Registration deadline February 16, 2015

www.aneearthlyEmbrace.com/email Services@AnEarthlyEmbrace.com



Transforming lives.  
PRINCE GEORGES  
COMMUNITY COLLEGE

## WELDING FUNDAMENTALS

LEVEL 1, PART 1

02/17/15 ~ 04/14/15

6:00pm—9:30pm

### Course Description

This course covers the most commonly utilized welding processes along with other essential topics such as: Oxyacetylene welding (OAW), welding safety, welding terminology, oxyacetylene cutting (OFC-A), welding safety, weld quality, shield metal arc welding (SMAW) processes, the flat and horizontal positions on various joint details. All welds will meet the American Welding Society (AWS) qualification standards.



Cost—\$850.00

Questions:

(301) 322-0964

Westphalia@pgcc.edu

Westphalia Training Center . 9109 Westphalia Road . Upper Marlboro, MD 20774